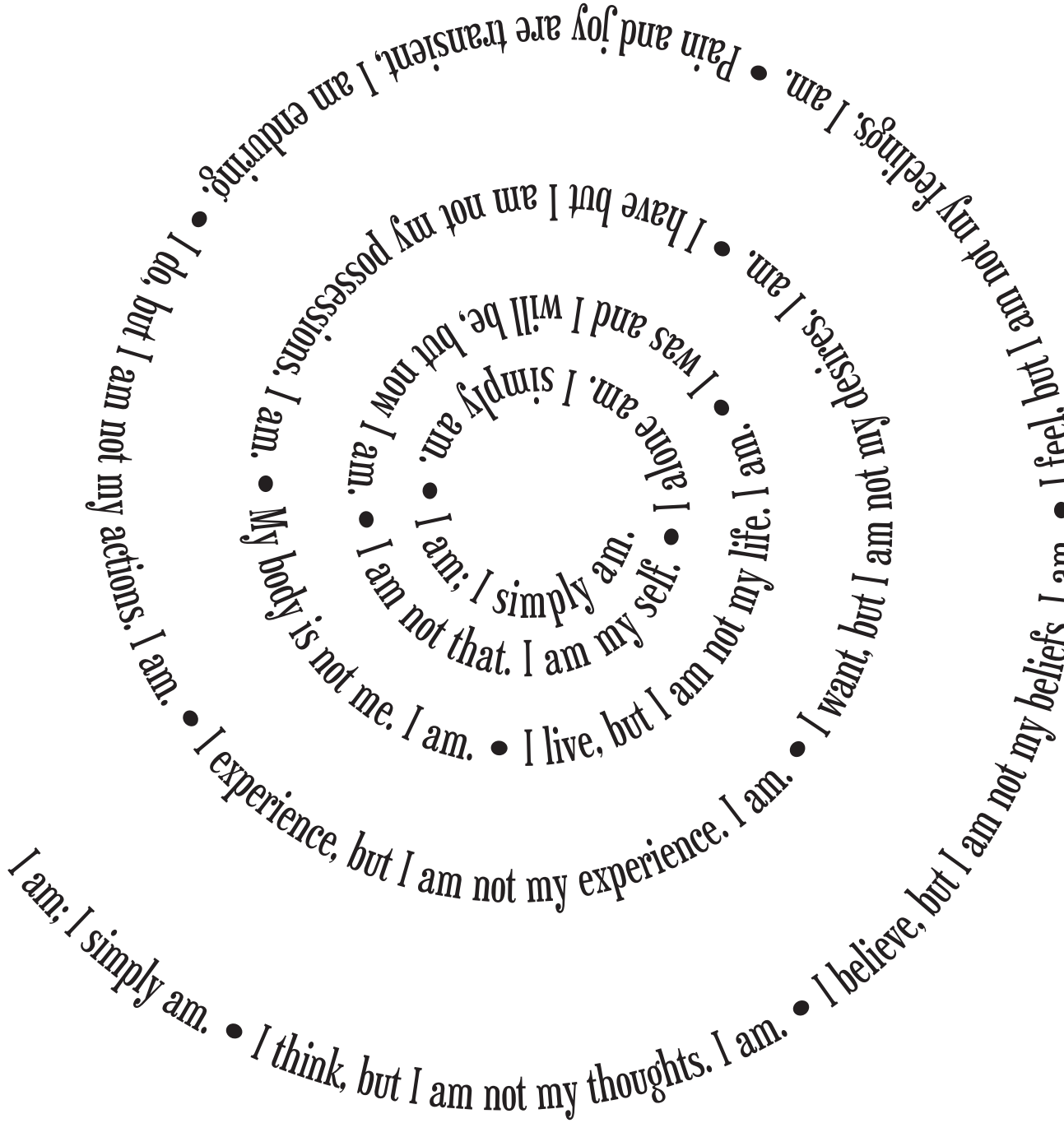
I am; I simply am. • I think, but I am not my thoughts. I am. • I believe, but I am not my beliefs. I am. • I feel, but I am not my feelings. I am. • Pain and joy are transient, I am enduring. • I do, but I am not my actions. I am. • I experience, but I am not my experience. I am. • I want, but I am not my desires. I am. • I have but I am not my possessions. I am. • My body is not me. I am. • I live, but I am not my life. I am. • I was and I will be, but now I am. • I am not that. I am my self. • I am; I simply am. • I alone am. I simply am.

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Inspired by the book *I Am That*, by Sri Nisargadatta Majaraj